

# 'Green Goblin' smoothie

*Simple but nutritious, great way to get your greens.*

## Equipment:

Blender

## Ingredients:

- 1 frozen banana
- 1 cup of water
- 1/3 pineapple
- 2 handfuls of spinach



*Top Tips:* Try using mango instead of the pineapple for a change. While getting used to the 'green' taste, maybe start with one handful of spinach and gradually increase.

## Method:

1. Add all ingredients into blender
2. Blend and depending on desired consistency add more water if necessary
3. Pour and enjoy : )

*Top Tip:* Buy a good smoothie container with a secure lid as smoothies are great to have when you are on the go. You can often find them in health food stores, sports stores or in TK Maxx at times.

*Top Tip:* Buy bananas in bulk, peel, chop into 1 inch chunks and freeze – perfect for creating a creamy texture in your smoothie.